

RLSC Fitness Test Requirements

Entrance (30% Cooper)

Event	Male requirements by Age				Female requirements by Age			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
300 Meter Run (seconds)	62.1	63	77	87	75	82	106.7	106.7
Bench Press (% body weight)	.93	.83	.76	.68	.56	.51	.47	.42
Push Ups (1-minute reps)	26	20	15	10	13	9	7	NA
Sit Ups (1-minute reps)	35	32	27	21	30	22	17	12
Vertical Jump (inches)	18	18	14.5	13	13.5	11.1	9.0	NA
1.5 Mile Run (time)	13:15	13:44	14:34	15:50	15:46	16:42	17:29	19:10